

A Level Physical Education and Applied Sport and Exercise Science

Activity 1

Anatomy

A knowledge of basic anatomy is a key theme across all health and sport courses. Use the 'Sway' activity to familiarise yourself with the types of joint in the body.

Take on the quiz to test your knowledge.



Health and Sport: The joint capsule to helps to hold the bones in place and protect the joint: <https://sway.cloud.microsoft/YLMgvkvxKrJLMyuc?ref=email>

Extension: feeling like a challenge? Read the attached article on muscle fibre types and answer the questions to the best of your ability:

https://padlet.com/w_russell1/section-a-applied-anatomy-and-physiologyf0ucpfdyaik1/wish/788063122